

More than just an EFT introductory course, **Fundamentals of EFT** provides the overall context of EFT and explains how the original “couple” model applies effectively as psychotherapy to EFFT (e.g., typically engaging with dyads) and EFIT (e.g., working with the individual and a younger/child self, or the individual and the inner experience of another person in their life).

Participants will be able to:

- Summarize the EFT perspective — experiential, growth oriented.
- Describe the key tenets of attachment theory.
- Describe the goals and stages of EFT across modalities.
- Outline the core EFT interventions as they apply and differ in three modalities: individuals suffering from depression, anxiety and PTSD; distressed couples; and distressed families.
- Specify the strengths of attachment theory and science as a map to a clear understanding of client problems and strengths, guiding every session.
- Utilize attachment science as a moment to moment guide to the shaping of potent systematic change in psychotherapy sessions.
- Define the moves of the EFT Tango and how they differ across modalities.

This **Fundamentals of EFT** training is recommended but not required prior to an Externship, and is also recommended before EFIT and EFFT Level 1 trainings.

Recommended Reading:

- "*Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families*" by Dr. Susan M. Johnson, 2019.
- "*Becoming an Emotionally Focused Therapist: The Workbook (2nd Edition)*" by James L. Furrow, Susan M. Johnson, Brent Bradley, Lorrie L. Brubacher, T. Leanne Campbell, Veronica Kallos-Lilly, Gail Palmer, Kathryn Rheem, Scott R. Woolley, 2022.

Fundamentals of EFT will demonstrate how Emotionally Focused Therapy provides a map to lasting healing for individuals, couples, and families. Grounded in attachment science, this workshop will provide you with practical tools to guide your understanding and take your first step into the transformational world of EFT.